

K Sri Dhammananda Lecture Series 2016

Theme: Gratitude

Q & A FORUM
VEN DR M PUNNAJI MAHA THERA

Ven Punnaji is a humble and unassuming Buddhist monk, unquestionably an intellectual giant of modern times and perhaps one of the foremost among today's world authorities on Buddhism. He is a preacher par excellence and continues to draw from an inexhaustible resource of Science, philosophy, world history and psychology.

Wednesday 20th April 2016
8:00pm ~ 9:30pm
Wisdom Room,
Buddhist Maha Vihara
“Meditation & The
Five Hindrances”

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FIVE HINDRANCES
(pañca nivaraṇā)

1. Kāmacchanda
 ➤ Lust / passion for sensual desires;

2. Byāpāda, vyāpāda
 ➤ Anger / hatred towards displeasures;

3. Thīna-middha
 ➤ Lethargy & drowsiness;

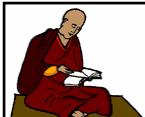
4. Uddhacca-kukkucca
 ➤ Anxiety & Worry;

5. Vicikicchā
 ➤ Cognitive Dissonance;

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The Five Hindrances



FIVE HINDRANCES (*pañca nīvaraṇā*)

1. *Kāmacchanda*

- Sensual desires;
- **Lust / passion for sensual desires;**

2. *Byāpāda, vyāpāda*

- Ill-will;
- **Anger / hatred towards displeasures;**

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The Five Hindrances



3. *Thīna-middha*

- Sloth & torpor / Dullness & drowsiness;
- **Lethargy & drowsiness**

4. *Uddhacca-kukkucca*

- Restlessness & remorse (Nyanaponika / Bodhi);
- Restlessness & anxiety (Thanissaro);
- **Anxiety & Worry**

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The Five Hindrances



5. *Vicikicchā*

- Skeptical doubt (Nyanaponika / Bodhi);
- Uncertainty (Thanissaro);
- **Cognitive Dissonance;**

"EMOTION"
Affective Process
(Emotional Reactions)
(“*citta*”)

"INTELLECT"
Cognitive Process
(Rational Thoughts)
(“*mano*”)

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Five Constituents of Ecstasy (*Jhāna*)



- 1. *Vitakka*:** Inference
- 2. *Vicāra*:** Inquiry
- 3. *Pīti*:** Cognitive Contentment
- 4. *Sukha*:** Comfort
- 5. *Ekaggatā*:** Cognitive Consonance

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